We all have too much to do, so take time out and recharge by getting a good night's sleep. The quality and quantity of your sleep can make all the difference in how productive you'll be the next day.

Studies suggest that teenagers often sacrifice their sleep time when it comes to making choices about time management. The problem is studies also show that they need a lot more sleep than they probably get. More and more studies are showing that there is a direct link between sleep and academic success. Here are ten tips to help you get the sleep you really need.

1. **Give yourself permission to go to bed.**
   As hard as it may be to put away your "to do" list, make sleep a "priority." You'll thank yourself in the morning.

2. **Unwind early in the evening.**
   Try to deal with worries and distractions several hours before bedtime.

3. **Develop a sleep ritual.**
   Doing the same things each night just before bed signals your body to settle down for the night.

4. **Keep regular hours.**
   Keep your biological clock in check by going to bed at the same time each night and waking up at the same time each morning - even on weekends.

5. **Create a restful place to sleep.**
   Sleep in a cool, dark room that is free from noises that may disturb your sleep.

6. **Sleep on a comfortable, supportive mattress and foundation.**
   It's difficult to sleep on a bed that's too small, too soft, too hard or too old.

7. **Exercise regularly.**
   Regular exercise can help relieve daily tension and stress - but don't exercise too close to bedtime or you may have trouble falling asleep.

8. **Cut down on stimulants.**
   Consuming stimulants, such as caffeine, in the evening can make it more difficult to fall asleep.

9. **Don’t smoke.**
   Smokers take longer to fall asleep and wake up more often during the night.

10. **Finish eating at least two to three hours before your regular bedtime.**

According to a study by sleep expert Mary Carskadon, PhD, teens should receive more than nine hours of sleep every night. That's a great thought, but is it possible? Think about it--do you ever sleep that long?

These are excerpts from “GENERATION NEXT” It is an exciting new initiate featuring a national seminar series and supporting resources aimed at protecting and enhancing the wellbeing of our children and teenagers. You can subscribe by searching online “GENERATION NEXT”